

Evidenced-Based Falls Prevention Program



Stay Active and Independent for Life (SAIL) is an evidence-based, strength, balance and fitness program for adults 65 and older that meet 2-3 days per week for 1 hour. The class includes warm-up, aerobic, balance, strength and stretching exercises along with education to reduce the participant's risk of falling. The fidelity of the SAIL program is based on these components and leaders will be observed via various formats, to ensure the program is consistently being delivered across the state. In this way participants will experience the same excellent class regardless of where they attend or if they attend multiple locations. Classes may be conducted on an ongoing basis or in 12-week increments.

The SAIL program was developed as a result of the Senior Fall Prevention Study, funded by the Centers for Disease Control and coordinated by Washington State Department of Health and NorthWest Orthopedic Institute. The result of the study showed that seniors who attended this exercise class at least 2-3 times per week for one year decreased their falls by 26%. Additional research shows that 93% of initial program participants reported improved performance of activities of daily living and 92% reported improved strength, balance, fitness or flexibility.

SAIL is public domain, meaning there is not licensing fee or yearly fees to conduct class. SAIL can be implemented in a variety of settings including, but not limited to; senior centers, community centers, recreation centers, faith-based organizations, physical therapy locations, retirement communities and independent/assisted living facilities. We strongly recommend leaders be trained in teams of two to help ensure classes are conducted on a regular basis.

Thank you for your interested in becoming a SAIL leader and helping reduce the risk of falls for older adults in your community. Please complete the enclosed TN SAIL Online Leader Application and include copies of your 1) CPR Certification and 2) fitness certification or equivalent degree. On the last page of the application is a list of approved certifications/degrees that meet this requirement. Please return your full application to Sidney Schuttrow at Sidney.Schuttrow@tn.gov no later than Friday, December 18, 2020. We look forward to working with you soon!

Sincerely,

Tennessee SAIL Team

Cynthia Rockey, Rachel Frazier & Terri Stewart – SAIL Master Trainers
Sidney Schuttrow – Fall Grant Coordinator

TN SAIL Online Leader Training Format

To ensure the health and safety of our SAIL Leaders, Master Trainers and participants, we have created the TN SAIL Online Leader Training. This training will replace our 2 full-day in-person training until we determine it is safe and appropriate to return to in-person training. This training will be broken into three main parts 1) online training and exam, 2) webinar with SAIL Master Trainers (MANDATORY) and 3) video submissions of new SAIL Leaders demonstrating their understanding of how to lead a SAIL class and conduct Fitness Checks.

Online Training and Exam:

The online training consists of an introduction, 10 chapters and 2 demonstration videos. In total, we estimate this training to be approximately 7 hours total. You will have a quiz at the end of each chapter and a final exam of 25 questions to take once you have completed all modules. You must pass the final exam with a score of 84% or higher within a two hour timeframe. This will be an open book exam so you are encouraged to use notes and resources you have been given. The online training will launch on Monday, January 11th and you will have until Friday, February 12th to complete all online requirements.

Webinar with SAIL Master Trainers (MANDATORY):

We will be hosting a webinar on Thursday, February 18, 2021 from 1:00p-3:00p CST (2:00p-4:00p EST). This is mandatory for you to attend to complete certification. This webinar will allow you to “meet” the SAIL Master Trainers, learn additional tips for a successful class and ask any clarifying questions you have about the program.

Video Submissions:

The final step to complete your TN SAIL Leader Certification is to submit a video of you teaching a SAIL class and fitness checks. More details will be released with specifics criteria closer to the start of training. This will allow us to see that you can demonstrate your understanding of how to lead a SAIL class and conduct fitness checks to ensure fidelity of the SAIL Program. You will have until Friday March 5th to submit your videos for review.

If you fail to meet any of the requirements above you will not be certified to teach SAIL in Tennessee.

Below is a timeline of completion for the TN SAIL Online Certification Training:

December 18, 2020 – Deadline for applications to attend training

January 11 – February 12, 2021 – Complete online training and final exam

February 18, 2021 – Attend webinar

March 5, 2021 – Video submissions due to complete certification

If you have any questions on the requirements of the TN SAIL Online Leader Training please contact Sidney Schuttrow at Sidney.Schuttrow@tn.gov or 615-741-1585



Application for TN SAIL Online Leader Training January 11 – March 5, 2021

Contact Information

Name _____

Address _____ City _____ State _____ Zip _____

Phone: _____ E-mail: _____

Location you would like to conduct a SAIL Class _____

Anticipated month you will start your SAIL Class _____

Volunteer Demographics: This information is not mandatory; however, our funding source requires us to recruit and retain a diverse group of in-kind staff and volunteers. This information helps us complete reporting requirements.

Gender _____ Race/Ethnicity _____ Date of Birth _____

Qualifications

CPR Certification Expiration Date (**must provide a copy of card**) _____

Degree/Certifications (**must provide copies**)

Other Experience Teaching:

Please indicate how you will use the SAIL instructor Training

Applications are due no later than Friday, December 18, 2020

You can email or fax your application to Sidney.Schuttrow@tn.gov or 615-741-3309. For more information or questions contact Sidney Schuttrow at Sidney.Schuttrow@tn.gov or 615-741-1585.

Approved SAIL Fitness Certifications/Degrees

Fitness Certifications

American Council on Exercise (ACE) Fitness certified
Aquatic Exercise Association (AEA)
Arthritis Walk with Ease
Athletics and Fitness Association of America (AFAA)
Fit and Strong!
Geri-Fit Strength Training Workout
National Association of Sports Medicine (NASM)
Silver Sneakers
Tai Chi
Tai Chi Quan: Moving for Better Balance and On the Move
Yoga

Degrees

Exercise Science
Kinesiology
Occupational Therapy
Occupational Therapy Assistant
Physical Education
Physical Therapy
Physical Therapy Assistant
Therapeutic recreation